FOCUSED PROFESSIONAL REVIEW / 1 OF 2

Pelvic health: read beyond the score.

Selected comparative and adjunct-care research for professional appraisal.

09 / Poco (company-attributed) / Journal article / 2026

Vibrational interventions for sexual and pelvic health: a randomized controlled trial

Randomized controlled trial | 84 randomized; 81 completed · 8 weeks

At eight weeks, mean total FSFI was 22.2 with device use versus 16.3 with the handout alone (P = .002). Mean FSFI improvement was 8.8 versus 4.9 points; the reported between-group difference was 4.0 points (P = .002). 35.0% versus 12.2% reached an FSFI score above 26.5 (P = .02).

Single-center, unblinded trial with eight-week follow-up. The accessible abstract does not identify the model; attribution to Poco comes from MV Health. This journal report updates an earlier conference report, not a separate trial.

Obstetrics & Gynecology · online 27 August 2026

Read source publication

For the clinical discussion

A higher FSFI score represents a questionnaire result, not proof of cure or pelvic-floor strengthening. Consider adjunct treatments, comfort, the clinical assessment and whether the published population matches the person being considered.

Educational research summary, not a treatment protocol or an additional product indication. Review the full source, exact model instructions and individual suitability. This review edition requires clinical approval before wider distribution.

Read the full evidence library

Model guides and support

FOCUSED PROFESSIONAL REVIEW / 2 OF 2

Evidence, with the right context.

11 / Poco / Journal article / 2025

Poco as an adjunct to vaginal dilator therapy in women with vaginismus

Nonrandomized controlled pilot | 30 enrolled; 19 analyzed (10 intervention, 9 control)

Mean FSFI pain score increased from 1.40 to 3.36 with the adjunct device, versus 1.96 to 2.62 in the comparison group. MV Health's summary reports that 90% of the intervention group found the device mostly or completely acceptable.

Nonrandomized pilot with 11 losses to follow-up and psychotherapy / dilator co-interventions. These descriptive results do not establish superiority.

Journal of Psychosexual Health · online 2025

Read source publication

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